

## benefits basics

## Preventive Health Guidelines

**ARE YOU DOING ALL YOU CAN** to help yourself stay healthy? We encourage you to contact your physician to take advantage of the preventive care services that are offered through your health care plan. You may find the guidelines on these two pages to be a good reference for you and your family members. For more information about these Preventive Health Guidelines, go to the CIGNA HealthCare Web site, [www.cigna.com](http://www.cigna.com), or call Member Services at the toll-free number on your CIGNA HealthCare ID card. If you are due for a visit, call your Primary Care Physician (PCP) for an appointment and to discuss and obtain preventive care services that are appropriate for you.

## Birth to 2 Years

**Well-baby exam:** at birth, 1, 2, 4, 6, 9, 12, 15, 18 and 24 months. In addition to general advice on your baby's health and development, your baby should have an exam and may receive the following immunizations and screenings, depending on clinical presentation and physician assessment:

## Immunizations

- **Diphtheria, tetanus and acellular pertussis (DTaP):** at 2, 4 and 6 months and between 15 and 18 months
- **Haemophilus influenzae b (Hib):** at 2, 4 and 6 months and between 12 and 15 months
- **Hepatitis B virus (HBV):** at birth, 1 to 4 months and 6 to 18 months; or at 1 to 2 months, 4 months and 6 to 18 months
- **Measles-mumps-rubella (MMR):** between 12 and 15 months
- **Pneumococcal conjugate (PCV):** at 2, 4 and 6 months and between 12 and 15 months
- **Poliovirus (IPV):** at 2 and 4 months and between 6 and 18 months
- **Varicella (chickenpox):** between 12 and 18 months

## Screenings

- **Hearing:** as a newborn and as child's PCP advises
- **Hemoglobin and hematocrit (Hgb/Hct):** once between 9 and 12 months
- **Weight, length and head circumference:** at each visit



## Ages 3 to 10

**Well-child exam:** once a year for children ages 3 to 5 and every 2 years for children ages 6 to 10. You should receive advice about your child's safety, health and development. In addition, during this exam your child may receive the following immunizations and screenings, depending on clinical presentation and physician assessment:

## Immunizations

- **Diphtheria, tetanus and acellular pertussis (DTaP):** between ages 4 and 6
- **Measles-mumps-rubella (MMR):** between ages 4 and 6 or 11 and 12
- **Poliovirus (IPV):** between ages 4 and 6
- **Varicella (chickenpox):** if no evidence of prior immunization or chickenpox

## Screenings

- **Blood pressure:** at each visit
- **Eye exam:** at ages 3, 4, 5, 6, 8 and 10 or as child's PCP advises
- **Hearing:** at ages 4, 5, 6, 8 and 10 or as child's PCP advises
- **Height and weight:** at each visit



## Ages 11 to 18

**Well-person exam:** once a year during this age range. During this exam your child may receive the following immunizations and screenings, depending on clinical presentation and physician assessment:

## Immunizations

- **Hepatitis B virus (HBV):** between ages 11 and 12 if not previously immunized
- **Measles-mumps-rubella (MMR):** if not already immune
- **Tetanus-diphtheria (Td) booster:** every 10 years
- **Varicella (chickenpox):** if not already immune

## Screenings

- **Blood pressure:** annually
- **Eye exam and hearing:** at ages 12, 15 and 18 or as child's PCP advises
- **Height and weight:** annually





## Ages 19 and Older

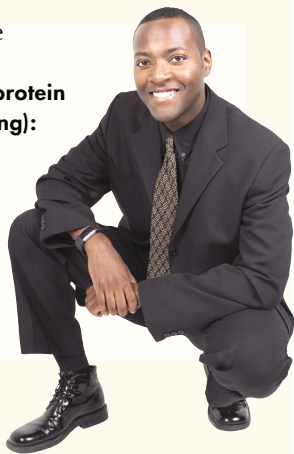
**Well-person exam:** as often as your PCP advises. At this exam you may receive the following immunizations and screenings, depending on clinical presentation and physician assessment:

### Immunizations

- **Influenza (flu):** ages 19 to 49, as your PCP advises; ages 50 and older, annually
- **Pneumonia vaccine:** ages 65 and older, once
- **Rubella (German measles):** women of childbearing age if not immune
- **Tetanus-diphtheria (Td):** every 10 years

### Screenings

- **Blood pressure:** every 1 to 2 years as your PCP advises
- **Chlamydia:** sexually active females under age 25
- **Cholesterol (complete lipoprotein profile, fasting or nonfasting):** ages 20 and older, every 5 years
- **Clinical breast exam:** women ages 20 to 39, every 3 years; ages 40 and older, annually
- **Colon cancer:** ages 50 and older, one of the following:
  - hidden blood in stool test, annually
  - flexible sigmoidoscopy, every 5 years
  - hidden blood in stool test plus flexible sigmoidoscopy, every 5 years
  - double-contrast barium enema, every 5 years
  - colonoscopy, every 10 years
- **Diabetes:** ages 45 and older, or if history of gestational diabetes, every 3 years
- **Hearing:** ages 65 and older, as your PCP advises
- **Height and weight:** periodically
- **Mammogram:** women ages 40 and older, annually
- **Pap test:** women ages 19 to 64, at least every 3 years if sexually active and cervix present; women ages 65 and older, may discontinue if prior Pap tests were consistently normal
- **Vision (by Snellen chart):** ages 65 and older, as often as your PCP advises



These preventive health guidelines are based on recommendations from the American College of Obstetricians and Gynecologists, American Academy of Pediatrics, U.S. Preventive Services Task Force, American Cancer Society and other nationally recognized authorities. These preventive health guidelines are only a general guide. Always discuss your particular preventive care needs with your PCP.

## Women: During Pregnancy

Pregnant women should visit their PCP or OB/GYN in their first trimester of pregnancy for an initial evaluation and to establish a prenatal care schedule. During this visit your doctor will check your health and the health of your baby. Based on your individual medical history, your doctor may recommend additional tests and care, which may include the following depending on clinical presentation and physician assessment:

- **Vitamins and supplements:** Talk with your doctor about taking a prenatal multivitamin with folic acid. Taking 0.4 mg of folic acid a day can help reduce the risk for neural tube defects.
- **Blood tests:** during first prenatal care visit to detect anemia, hepatitis B, rubella and sexually transmitted diseases, such as syphilis and HIV. They are also used to determine the mother's blood type.
- **Chlamydia culture:** during first prenatal care visit
- **Urine tests:** as recommended by your doctor
- **Diabetes screening:** between weeks 24 and 28
- **Culture for Group B strep:** between weeks 35 and 37 to check for Group B streptococcal infection

Additional tests that may be ordered based on individual health factors:

- **Serum alpha-fetoprotein:** between weeks 16 and 18 to screen for neural tube defects, such as spina bifida
- **CVS (chorionic villus sampling):** before week 13, or **amniocentesis** between weeks 15 and 18; women ages 35 and older and women at risk for passing on certain chromosomal disorders. These tests screen for certain genetic disorders.
- **Multiple marker screening:** between weeks 15 and 18. This test screens for Down syndrome as well as other chromosomal abnormalities.
- **Hemoglobinopathy screening:** if at risk for passing on certain blood disorders, such as sickle cell disease



**FOR ADULTS:** Physical exams are an important part of preventive care. Be sure to schedule regular exams with your PCP and consult with him or her about additional screenings, examinations and immunizations that may be appropriate.

**FOR CHILDREN:** Your children will likely need additional preventive care services, such as laboratory screenings or additional immunizations. Consult with your child's PCP about specific recommendations for your child.

Please refer to your benefits materials for specific coverage information.